

Fig. 1

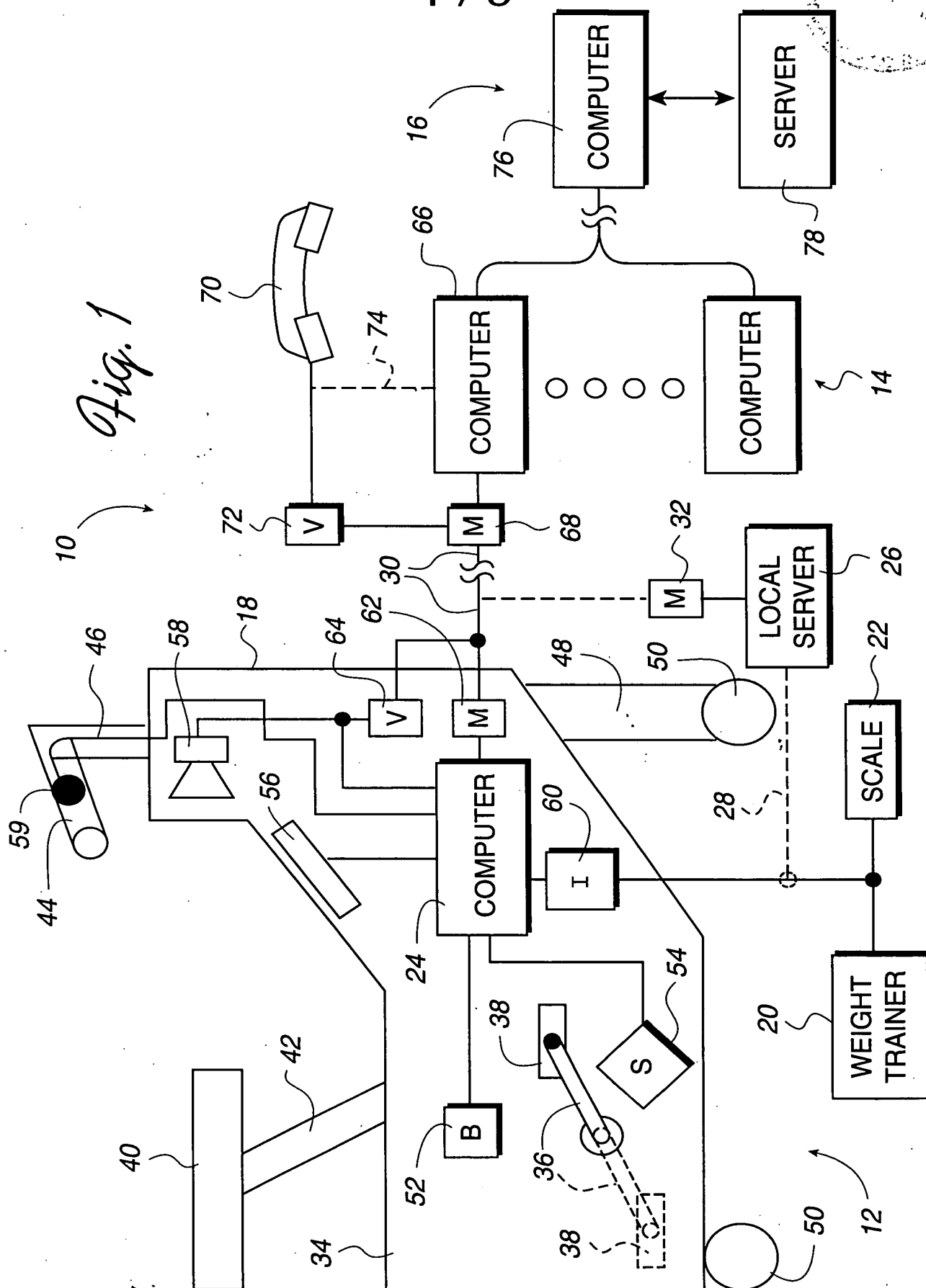


Fig. 2

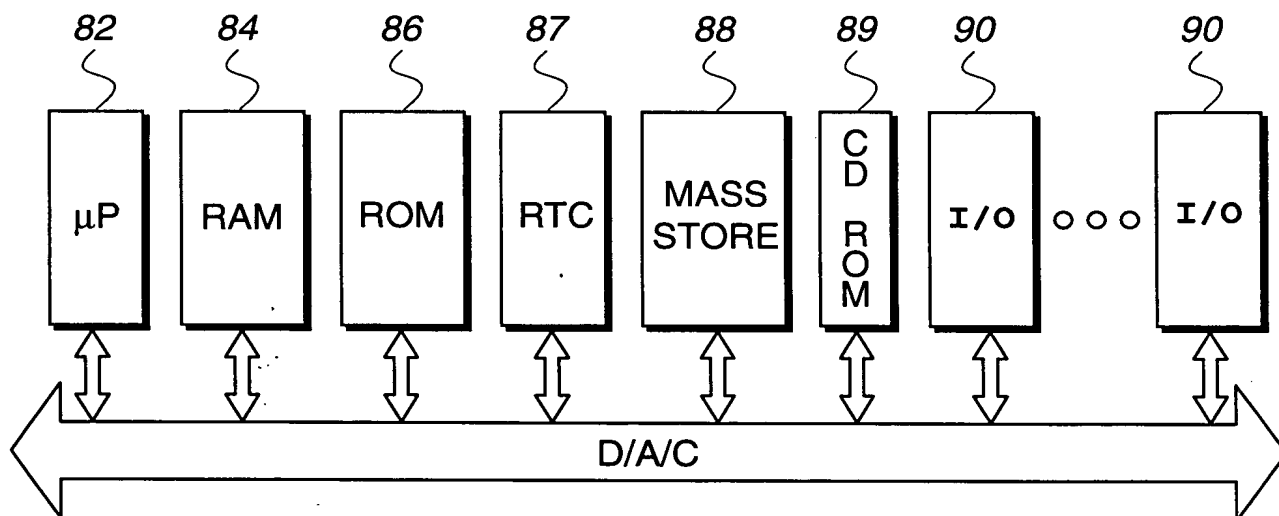
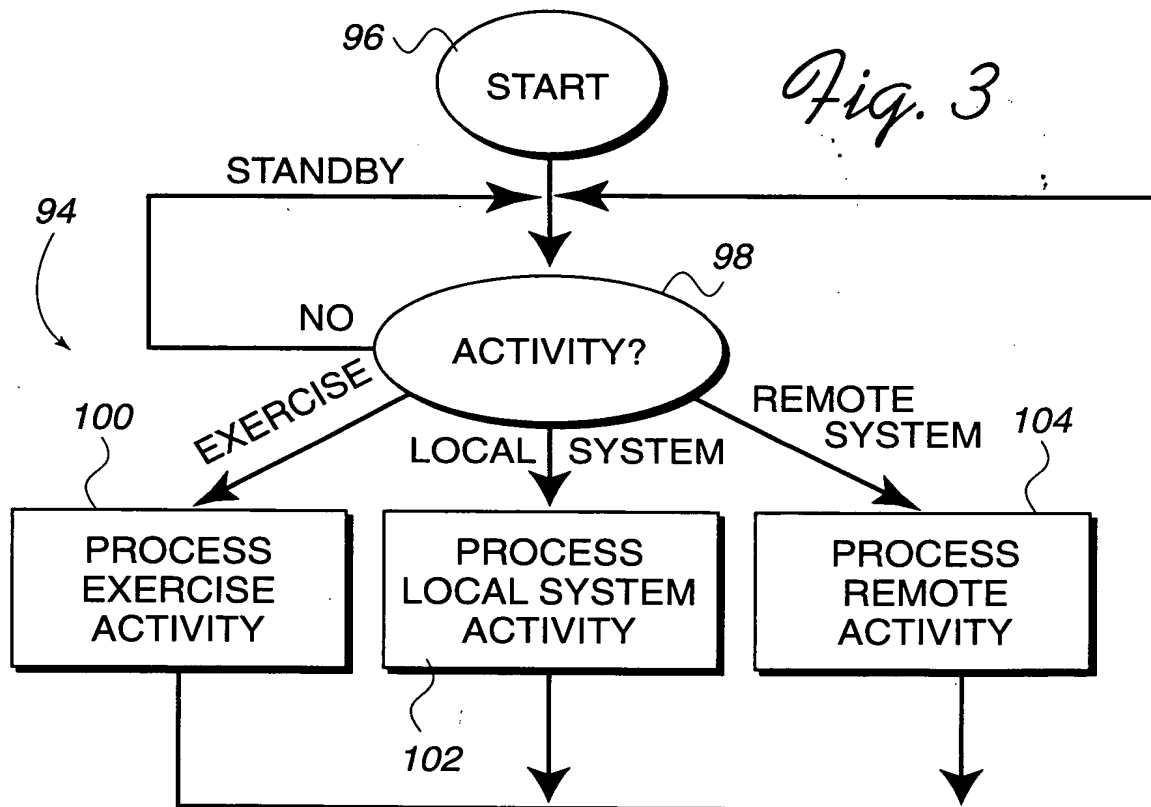
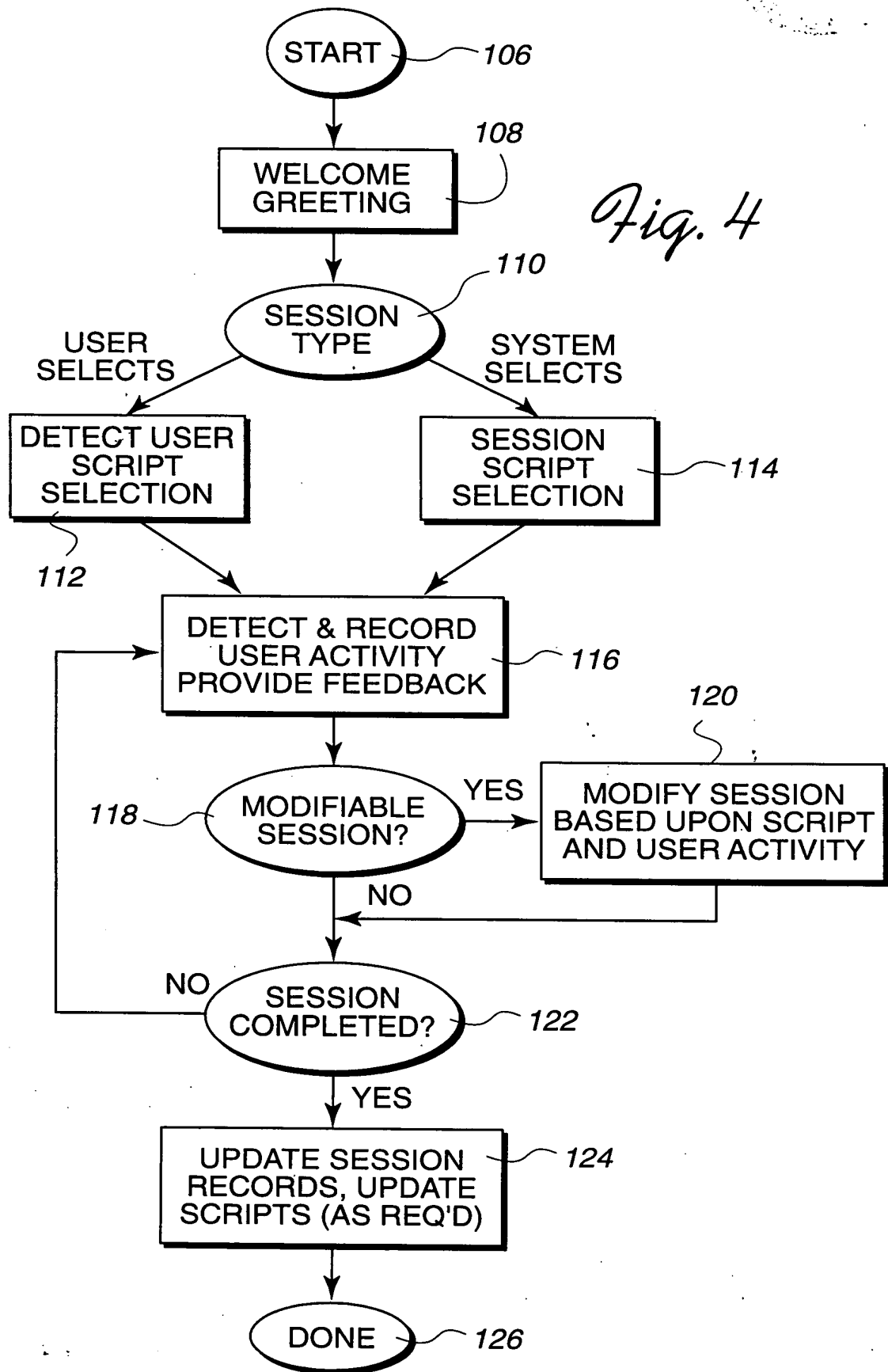
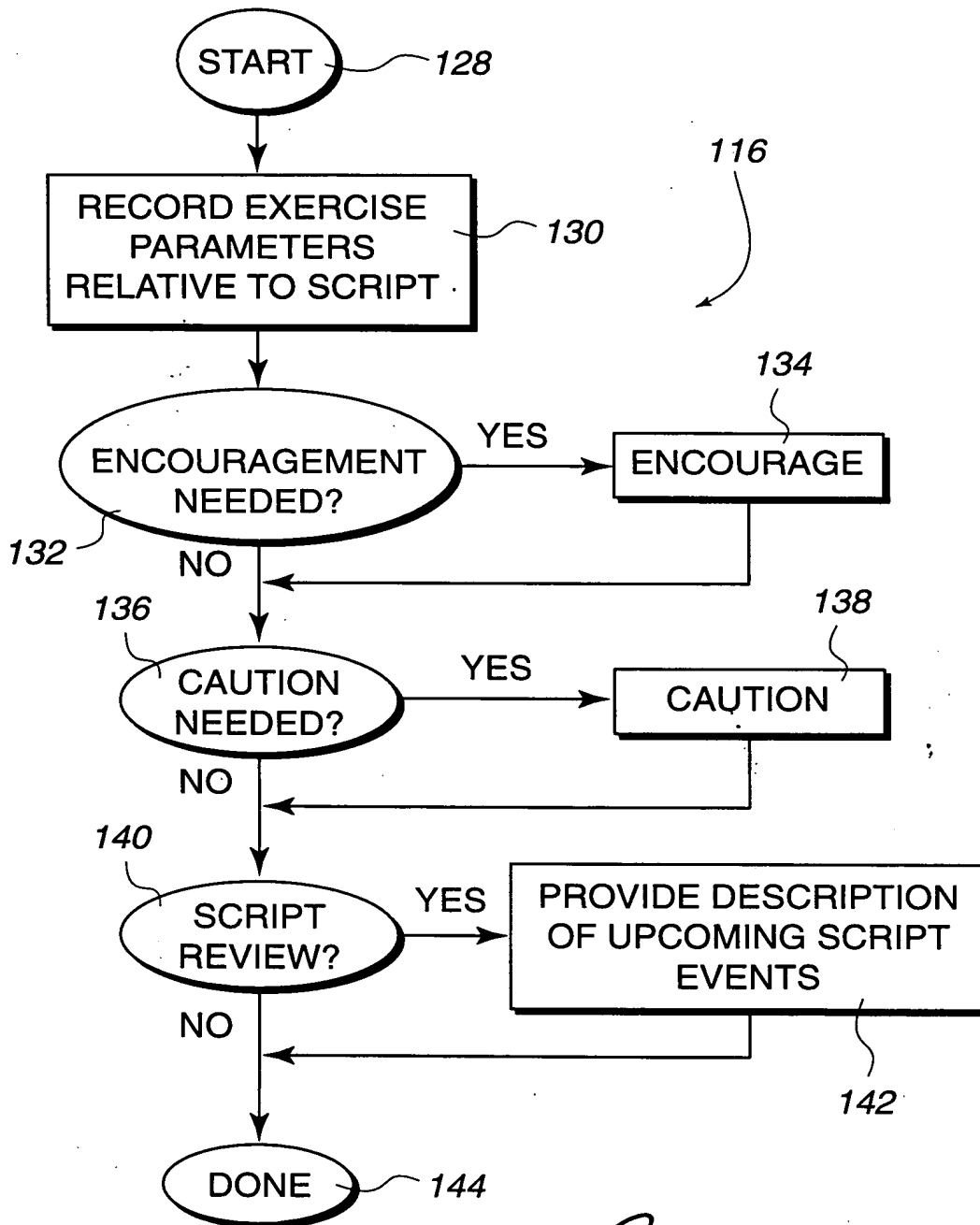


Fig. 3





*Fig. 5*

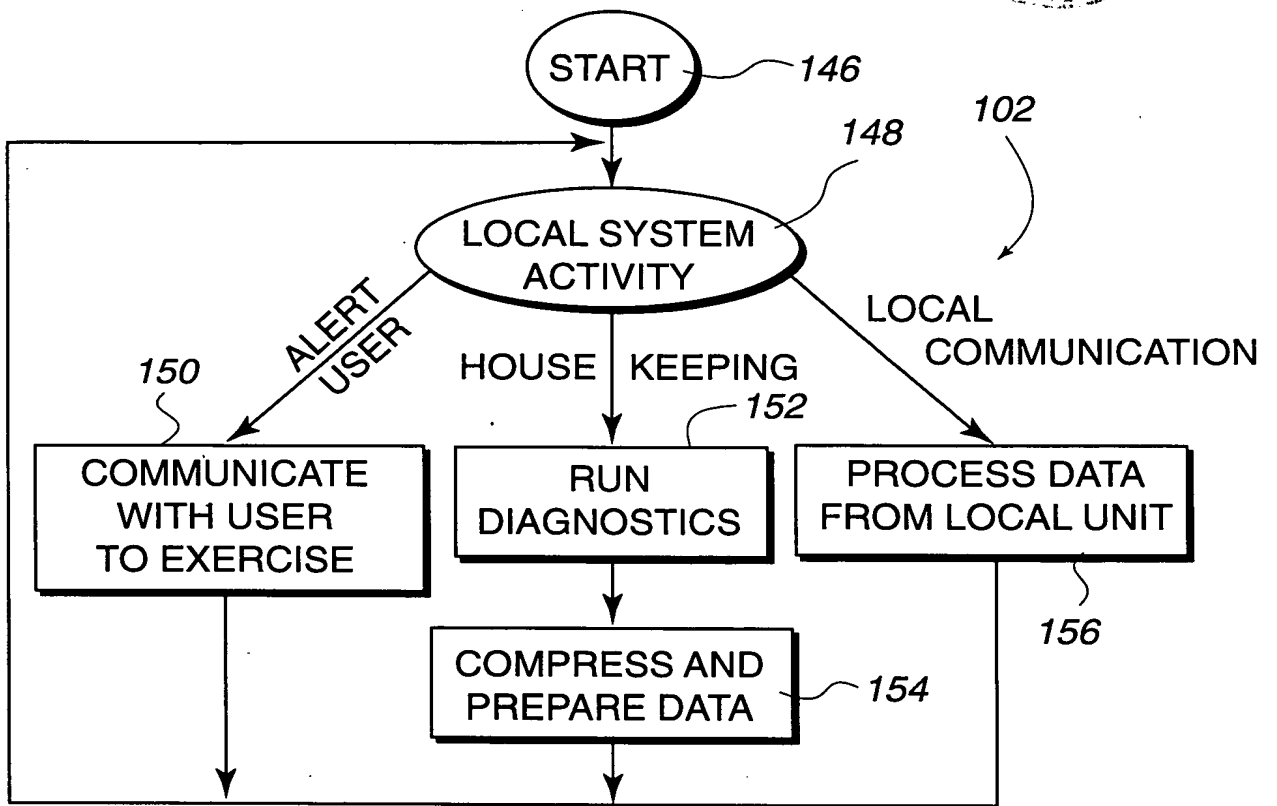


Fig. 6

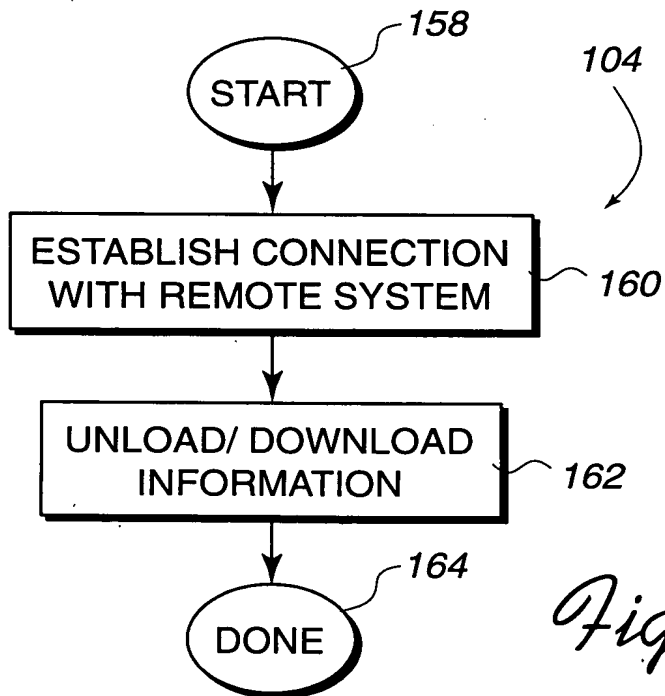
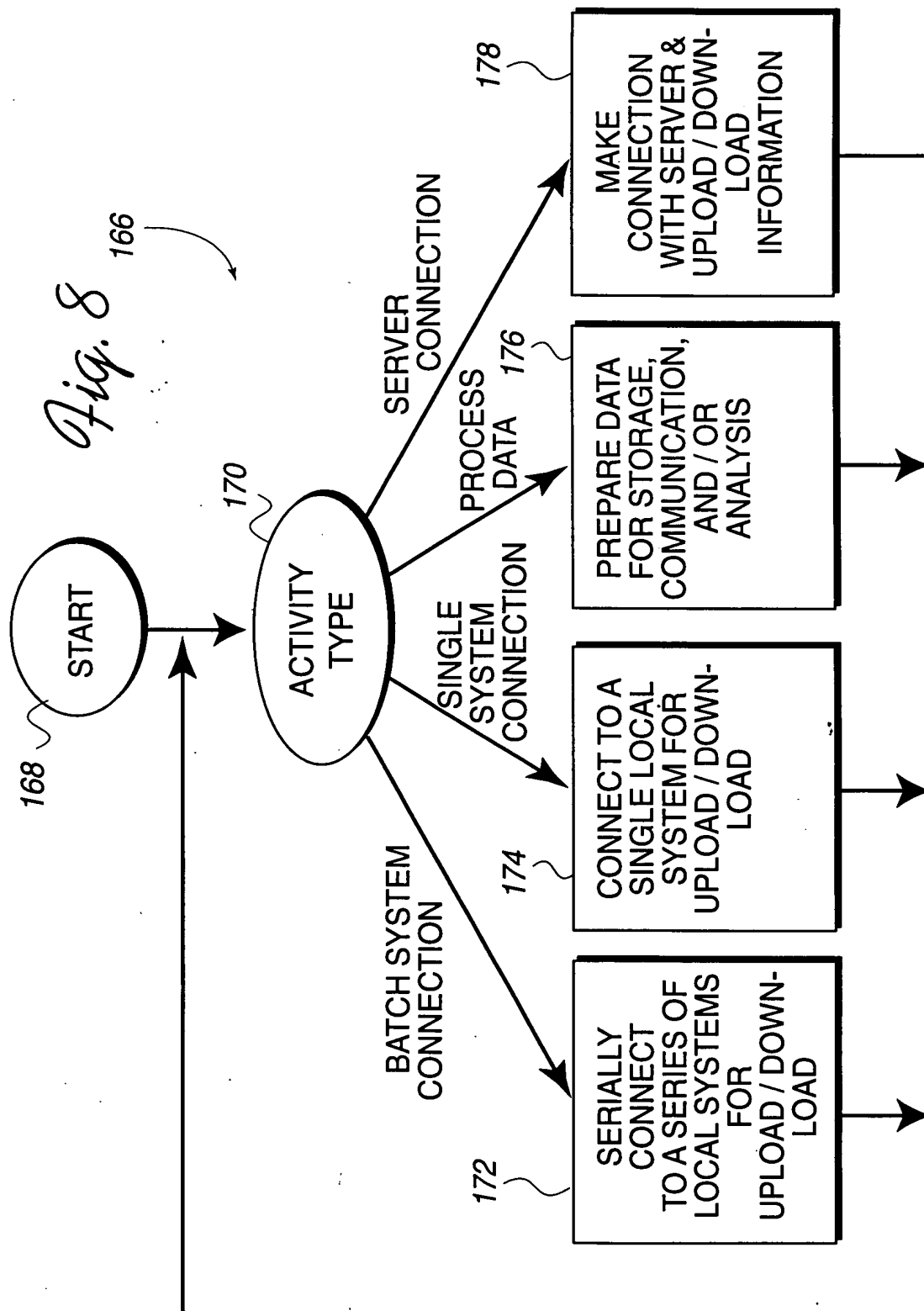
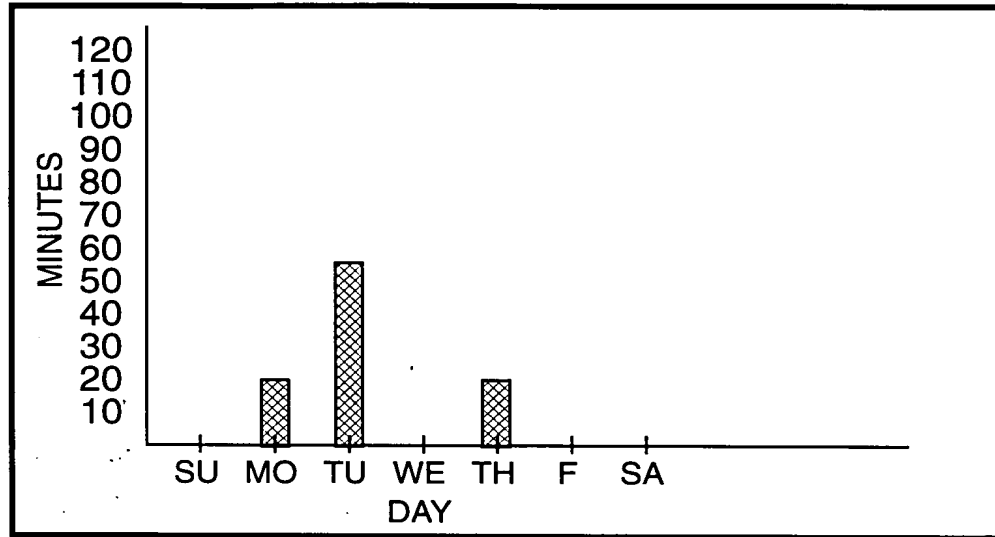


Fig. 7



*Fig. 8a*

<u>SUNDAY</u>
NO EXERCISE
<u>MONDAY</u>
—10 MINUTES CYCLING
—232 CALORIES
—6 MINUTES AT 80% HEARTRATE
—1.8 MILES
—DIFFICULTY 6
—10 MINUTES WEIGHTS
—172 CALORIES
—20 REPS @ 100 LBS
—20 REPS @ 80 LBS
<u>TUESDAY</u>
ETC.

Fig. 8b

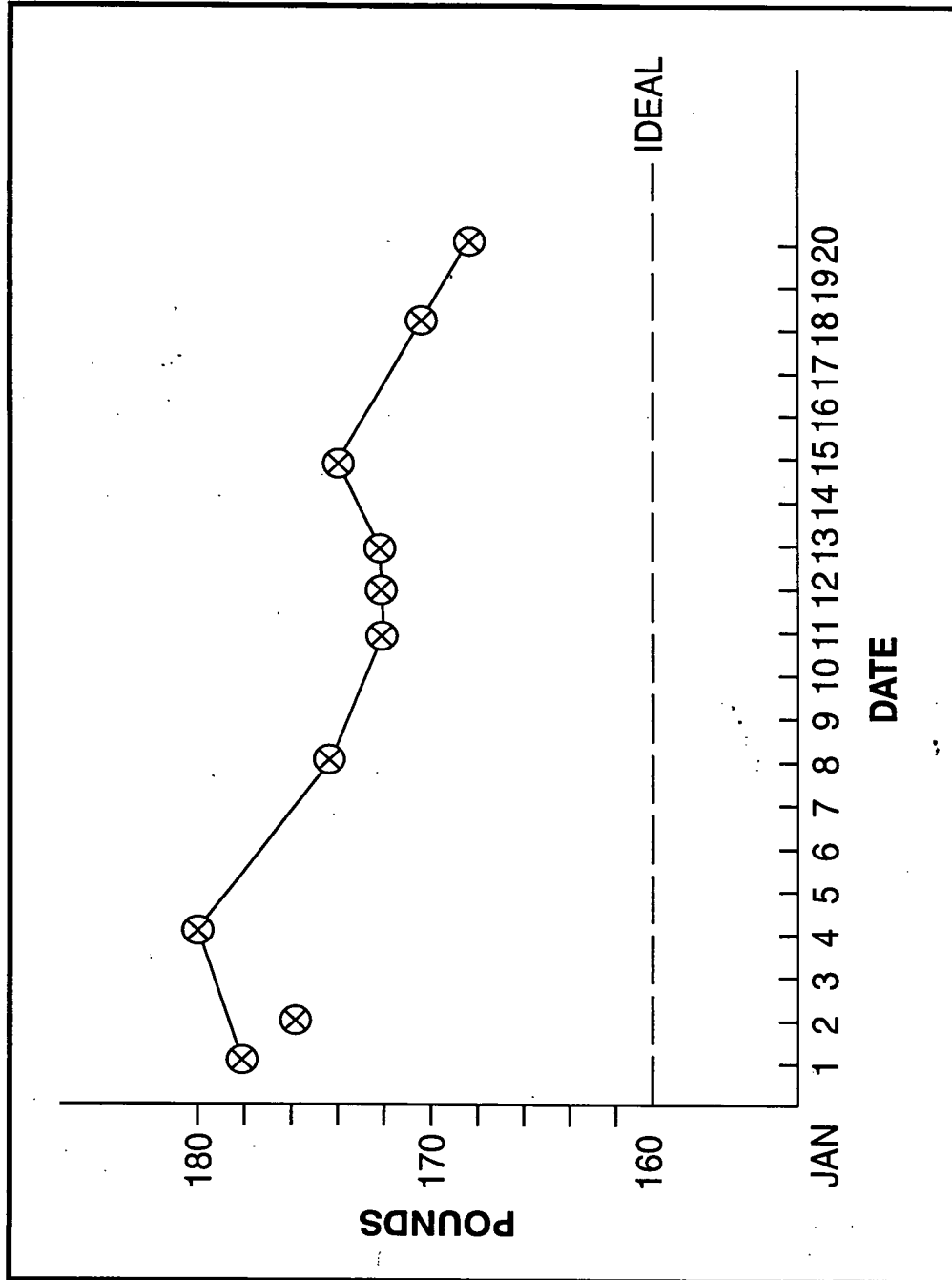
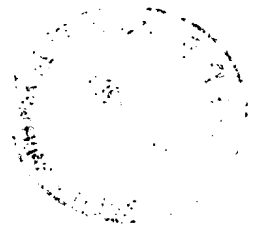


Fig. 8c

